

PILATES, CERTIFICATE

The Pilates certificate includes coursework in the classic Pilates mat and equipment repertoire, current teaching methods, and functional anatomy. The certificate prepares students to teach Pilates in a studio setting and also creates a practical foundation for those who wish to pursue graduate work in movement-based fields.

This certificate program is open to all interested students and is often pursued by students working toward degrees in dance, kinesiology, athletic training, physical therapy, occupational therapy, or other health/fitness fields.

The curriculum can be completed in two years. Upon completion, students are encouraged to sit for the Pilates Method Alliance certification exam to earn their credentials as nationally certified Pilates teachers.

This certificate is also available to individuals who have already completed a Bachelor's degree; see the Nondegree/Visiting Student Guide (<https://guide.wisc.edu/nondegree/>).

HOW TO GET IN

HOW TO GET IN

All current UW-Madison undergraduates and University Special Students are eligible to complete the Certificate in Pilates.

Students should meet with the Pilates Certificate Coordinator to discuss their intention to pursue the certificate. Appointments may be arranged via email. To declare the certificate, students must also complete the application form (<https://education.wisc.edu/academics/certificates/>) located on the School of Education's Certificate Programs page.

REQUIREMENTS

REQUIREMENTS

The Pilates certificate requires a minimum of 20 credits.

Code	Title	Credits
DANCE 135	Pilates Mat I	1
DANCE 136	Pilates Equipment I	2
DANCE 235	Pilates Mat II	1
DANCE 236	Pilates Equipment II	2
DANCE 237	Pilates Studio I	3
DANCE 330	Functional Anatomy for Movement Practices	2
DANCE 337	Pilates Studio II	3
DANCE 375	Pilates Teaching Methods	1
DANCE 376	Pilates Teaching I	2
DANCE 476	Pilates Teaching II	3
Total Credits		20

UNDERGRADUATE/SPECIAL STUDENT CERTIFICATES

This certificate may be completed within the context of an undergraduate degree or as a Special student after an undergraduate degree has been awarded from any institution. The certificate may be completed in its entirety while enrolled as a Special student. Candidates are encouraged to contact the certificate coordinator to discuss course enrollment and the sequencing of certificate requirements.

LEARNING OUTCOMES

LEARNING OUTCOMES

1. (Pilates Practice - Strength, Focus, Movement Efficiency)
Demonstrate proficiency in Pilates exercises, including fundamental exercises and beginner through advanced mat and equipment work. Students will show significant improvement in body awareness, physical skill and strength, and efficient movement patterning.
2. (Pilates Teaching - Safety, Clarity, Communication) Confidently teach one-on-one and group Pilates classes, effectively communicating physical and conceptual ideas about the body to a variety of learning styles, body types and physical backgrounds.
3. (Anatomical Approaches to Pilates) Integrate current anatomical research into practice and teaching, using a variety of somatic approaches to embodying healthy anatomical function.